



1992-2019

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MISSION

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	15 October 2019
Subject	SAAS Top 10 Road Running Ranking Lists – Oct 2019
No pages	5

ELECTRONIC TRANSMISSION

Circular 97 of ASA 2019 (11.12) – SAAS TOP 10 ROAD RUNNING RANKING LISTS, NOV. 2019

Dear ASA Members

Please find attached the SAAS Top 10 Ranking Lists as on 11 November 2019, which include the results of all ASA National Championships in 2019.

ASA Road Running Squads in preparation for the 2020 international Championships will be announced soon.

Members are kindly requested to notify ASA asap if any of the results are not up to date to avoid an athlete being overlooked for the selection of the ASA Preparation Squads for 2020.

Athletics greetings
Richard Stander
ASA ACEO

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S.A. TOP 10 ROAD PERFORMANCE LISTS 2019

As at 11 November 2019.

MEN

10 KM

IAAF world record: 26:44 - Leonard Patrick Komon (KEN), 26 Sep 2010

ASA national record: 27:38 - Stephen Mokoka, Manchester, 10 May 2015

28:12	Stephen Lesego Mokoka	31 Jan 85	1	Durban	13 Oct
28:13	Mbuleli Mathanga	24 Sep 93	10	Prague	08 Sep
28:26	Lesiba Precious Mashele	13 Oct 90	4	Durban	13 Oct
28:36	Adam Lipschitz	01 Jan 94	2	Cape Town	20 Oct
28:39	Collen Mulaudzi	08 Apr 91	7	Durban	13 Oct
28:48	Pheeha Desmond Mokgobu	23 Nov 88	3	Cape Town	15 Sep
28:48	Kabelo Seboko	01 Jan 98	12	Durban	13 Oct
28:48	Elroy Gelant	25 Aug 86	13	Durban	13 Oct
28:56	Thabang Mosiako	23 Feb 95	15	Durban	13 Oct
29:02	Sibusiso Nzima	23 Nov 86	18	Durban	13 Oct

Juniors

29:14	Maxime Chaumeton	12 Jul 00	1	Cape Town	15 Sep
30:23	Carlo Flink	15 Jun 00	2	Cape Town	15 Sep
30:26	Jason Bowers	10 Feb 03	1	Dundee	11 Aug
30:35	Mpumelelo Ligwa	29 Feb 00	1	Port Elizabeth	27 Apr
30:44	Caleb Beukes	15 Dec 00	3	Cape Town	15 Sep
30:45	Oliver Stewart	22 Feb 01	3	Durban	13 Oct
30:50	Andries Sesedi	10 Apr 01	4	Durban	13 Oct
30:57	Tumi Lephoto	27 Feb 00	4	Cape Town	15 Sep
31:17	Phemelo Ntoe	23 Oct 01	5	Durban	13 Oct
31:18	Nicholas Seoposengwe	26 Jun 01	5	Cape Town	15 Sep

HALF MARATHON

IAAF world record: 58:18 - Abraham Kiptum (KEN), 28 October 2018

58:01p - Geoffrey Kamworor (KEN), 15 September 2019

ASA national record: 59:50 - Stephen Mokoka, Buenos Aires, 25 Aug 2019

59:50	Stephen Lesego Mokoka	31 Jan 85	4	Buenos Aires	25 Aug
1:01:00	Elroy Gelant	25 Aug 86	2	Port Elizabeth	27 Jul
1:01:18	Lesiba Precious Mashele	13 Oct 90	3	Port Elizabeth	27 Jul
1:01:22	Joel Mmone	29 Mar 91	4	Port Elizabeth	27 Jul
1:01:31	Mbuleli Mathanga	24 Sep 93	5	Port Elizabeth	27 Jul
1:01:50	Pheeha Desmond Mokgobu	23 Nov 88	6	Port Elizabeth	27 Jul
1:02:02	Collen Mulaudzi	08 Apr 91	7	Port Elizabeth	27 Jul
1:02:12	Milton Kekana	03 Oct 95	8	Port Elizabeth	27 Jul
1:02:17	Melikhaya Frans	05 Feb 92	9	Port Elizabeth	27 Jul
1:02:30	Thabang Mosiako	23 Feb 95	10	Port Elizabeth	27 Jul

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Juniors

1:08:37	Andries Sesedi	10 Apr 01	2	Port Elizabeth	27 Jul
1:10:50	Phemelo Ntoe	23 Oct 01	3	Port Elizabeth	27 Jul
1:10:52	Carlo Flink	15 Jun 00	1	Cape Town	20 Apr
1:11:20	Khanya Yali	28 Apr 01	1	Port Elizabeth	27 Jul
1:11:29	Nhlakanipho Hlatswayo		1	Pietermaritzburg	24 Feb
1:11:47	Bongelani Mkhwanazi	23 Dec 00	5	Port Elizabeth	27 Jul
1:11:54	Thabo Mohokane	20 Jun 00	2	Port Elizabeth	27 Jul
1:13:06	Siphamandla Nkosi		1	Vryheid	07 Apr
1:13:19	Amogelang Madito	04 Jun 00	7	Port Elizabeth	27 Jul
1:13:38A	Tshiamo Malibe		1	Nquthu	14 Apr

MARATHON

IAAF world record: 2:01:39 - Eliud Kipchoge (KEN), 16 September 2018

ASA national record: 2:06:33 - Gert Thys, Tokyo, 14 Feb 1999

2:07:58	Stephen Lesego Mokoka	31 Jan 85	3	Otsu	10 Mar
2:10:31	Elroy Gelant	25 Aug 86	4	Cape Town	15 Sep
2:10:42	Pheeha Desmond Mokgobu	23 Nov 88	9	Oita	03 Feb
2:13:11	Tebogo Philemon Mathiba	09 May 92	5	Durblin	27 Oct
2:13:41	Sibusiso Nzima	23 Nov 86	10	Cape Town	15 Sep
2:14:57	Melikhaya Frans	05 Feb 92	11	Cape Town	15 Sep
2:15:10	Isaac Mpofo	28 Aug 88	2	Mossel Bay	24 Aug
2:15:49	Collen Mulaudzi	08 Apr 91	13	Cape Town	15 Sep
2:16:37	Jeremiah Moshwetsi	26 Jun 88	14	Cape Town	15 Sep
2:17:28	Tumelo Motlagale	02 Dec 86	16	Cape Town	15 Sep

WOMEN

10 KM

IAAF world record: 29:43 (mx) - Joyciline Jepkosgei (KEN), 09 Sep 2017

IAAF world record: 30:29 (wo) - Asmae Leghzaoui (MAR), 08 Jun 2002

ASA national record: 31:13 - Elana Meyer, Budapest, 14 Oct 2001

32:45	Glenrose Xaba	31 Dec 94	5	Durban	13 Oct
32:57	Irvette van Zyl	05 Jul 86	3	Durban	23 Jun
33:05	Gerda Steyn	03 Mar 90	1	Middlesbrough	01 Sep
33:08	Kesa Molotsane	08 Jan 92	3	Port Elizabeth	04 May
33:30	Jenet Mbhele	06 Oct 94	5	Durban	23 Jun
34:10	Lebo Phalula	09 Dec 83	1	Port Elizabeth	15 Jun
34:31	Carmie Prinsloo (jun)	31 Jan 02	4	Cape Town	15 Sep
34:35	Zintle Xiniwe	23 Oct 86	2	Bellville	01 Jun
34:37	Kyla van Graan	14 Oct 94	3	Cape Town	20 Oct
34:40	Annie Bothma	26 Dec 95	12	Port Elizabeth	04 May

Juniors

34:31	Carmie Prinsloo	31 Jan 02	1	Cape Town	15 Sep
34:49	Tayla Kavanagh	05 May 01	2	Cape Town	15 Sep

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36:16	Nicole Louw	26 Jul 01	1	Cape Town	20 Oct
36:21	Beetrice Themane	03 Feb 00	3	Cape Town	15 Sep
37:23	Hope Matshiya	29 Apr 04	1	Middelburg	28 Sep
38:07	Vicky Oelofse	09 Oct 00	2	Port Elizabeth	04 May
38:23	Simangaliso Madlala	15 Oct 03	1	Durban	08 Jun
38:25	Andiswe Xulu	08 Sep 03	2	Durban	08 Jun
38:30	Gabriella Gait-Smith		1	Johannesburg	06 Oct
38:35	Jana le Roux	19 May 00	2	Bellville	01 Jun

HALF MARATHON

IAAF world record: 1:04:51 (mx) - Joyciline Jepkosgei (KEN), 22 Oct 2017

IAAF world record: 1:06:11 (wo) - Netsanet Gudeta (ETH), 24 Mar 2018

ASA national record: 1:06:44 - Elana Meyer, Tokyo, 15 Jan 1999

1:09:46	Glenrose Xaba	31 Dec 94	5	Buenos Aires	25 Aug
1:11:54	Gerda Steyn	03 Mar 90	4	Port Elizabeth	27 Jul
1:11:55	Jenet Mbhele	06 Oct 94	2	Port Elizabeth	27 Jul
1:12:11	Irvette van Zyl	05 Jul 86	1	Cape Town	20 Oct
1:15:33	Lebo Phalula	09 Dec 83	3	Port Elizabeth	27 Jul
1:16:25	Jenna Challenor	06 Jul 81	3	Cape Town	20 Oct
1:16:58	Annie Bothma	26 Dec 95	1	Mossel Bay	24 Aug
1:17:03	Lebogang Phalula	09 Dec 83	4	Port Elizabeth	27 Jul
1:17:27	Makhosi Mhlongo	03 Jan 82	5	Port Elizabeth	27 Jul
1:17:28	Nwabisa Mjoli	24 Feb 92	6	Port Elizabeth	27 Jul

Juniors

1:27:55	Nontobeko Ntuli	08 Apr 01	2	Port Elizabeth	27 Jul
1:32:25	M'zhane Loubser-Kuhn	17 Mar 00	1	Port Elizabeth	27 Jul
1:32:26	Zhandre Loubser-Kuhn	17 Mar 00	2	Port Elizabeth	27 Jul
1:38:55	Anja Webber	08 Jun 01	3	Port Elizabeth	27 Jul
1:40:10	Glenda Ramashio		1	Phalaborwa	27 Jul
1:41:45	Caitlyn Schlehmeier		1	Cape Town	20 Oct
1:42:14	Phakoe Tsofofelo		1	Frankfort	06 Apr
1:42:39	Lisha Prinsloo	30 Jun 00	3	Cape Town	20 Apr
1:43:02A	Michelle van Heerden	15 Nov 01	1	Wilderness	04 May
1:43:30	Amely Chauke		2	Phalaborwa	27 Jul

MARATHON

IAAF world record: 2:15:25 (mx) - Paula Radcliffe (GBR), 13 Apr 2003

2:14:04p (mx) - Brigid Kosgei (KEN), 13 Oct 2019

IAAF world record: 2:17:01 (wo) - Mary Keitany (KEN), 23 Apr 2017

ASA national record: 2:26:35 - Colleen de Reuck, Berlin, 29 Sep 1996

2:27:48A	Gerda Steyn	03 Mar 90	11	New York	03 Nov
2:34:01	Irvette van Zyl	05 Jul 86	1	Soweto	03 Nov
2:36:21	Nolene Conrad	26 Jul 85	16	Osaka	27 Jan
2:40:51	Christine Kalmer	10 Feb 86	43	Nagoya	10 Mar
2:41:44	Annie Bothma	26 Dec 95	11	Cape Town	15 Sep
2:43:21	Cornelia Joubert	22 Jun 88	12	Cape Town	15 Sep

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2:43:59A	Ann Ashworth	06 Apr 84	1	East London	10 Mar
2:44:52	Charné Bosman (vet)	06 Nov 75	1	Benoni	27 Jan
2:46:05A	Jenna Challenor	06 Jul 81	1	Simon's Town	17 Feb
2:48:24	Vicky Hansen		13	Amsterdam	20 Oct

A = aided course

mx = mixed race, i.e. with men

wo = women-only race

Compiled by Riel Hauman

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